



Shraman Peace Institute 2021 Annual Update

Looking back on 2021

Thank you for joining us on a year of exciting new projects and opportunities!



2021 has been a year of **growth** and **exploration** for the Shraman Foundation and the Shraman Peace Institute. While the team continued to navigate the challenges left behind by 2020, we focused on new partnerships and opportunities to expand our impact both locally and beyond. Over the course of the year, we met virtually with over 30 different organizations and individuals to learn from their expertise and discuss upcoming projects. From those conversations, we launched two Social Emotional Learning initiatives in collaboration with the Dallas Independent School District to collectively impact over 3200 elementary students.

Read on to learn more about the **Shraman Peace Institute's 2021 Year in Review**, and as always, **thank you for your support!**

Researching New Opportunities

We began the year by **exploring potential**. Just before the pandemic, the Shraman Foundation purchased a large building in Plano, Texas to use as a new headquarters space. Beyond housing day-to-day activities for the foundation, we explored several options for how to make use of the full building, focusing on finding an intersection between community space and social impact. We met with community partners in the Dallas area and beyond to understand best practices in launching a social impact center, and explored different technological solutions to help bring the vision to life. While next steps in opening a community space have been postponed, this project highlighted the true potential of the space and **laid the groundwork for ongoing community conversations** for the foundation.

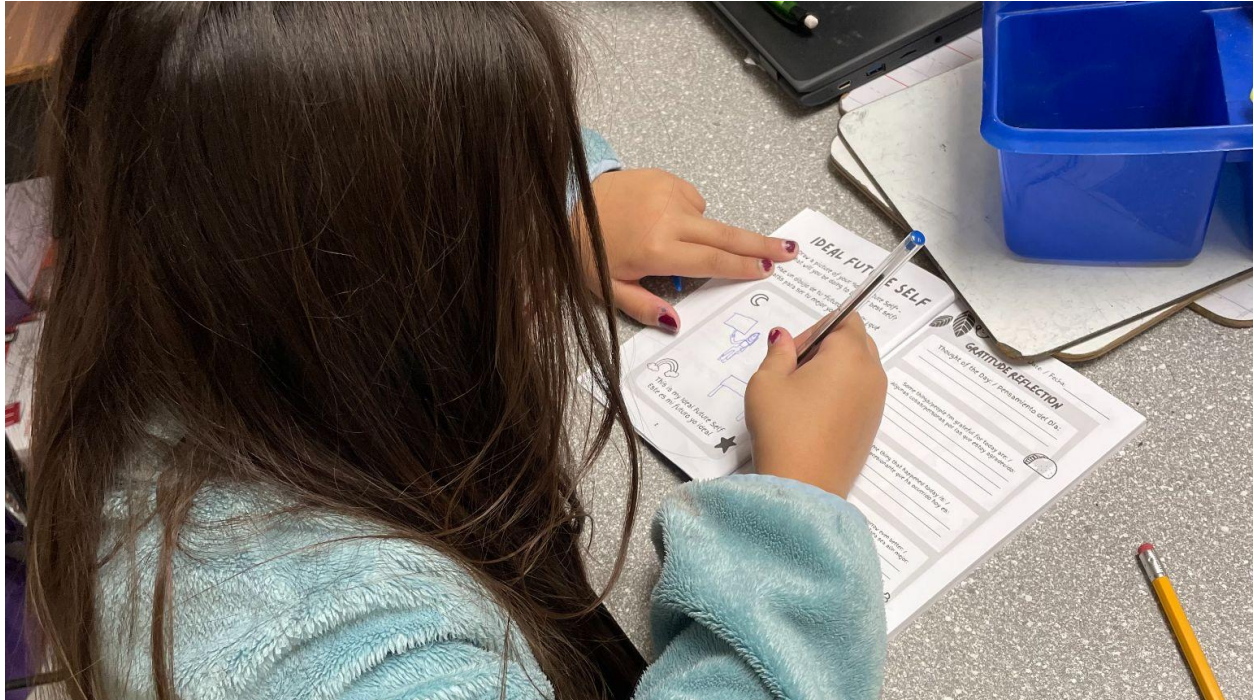
To go along with the new space, **the Shraman Foundation also launched an updated website**. With pages to highlight the building, discuss ongoing projects, and publish press releases, the new [Shraman.org](https://shraman.org) site captures all of our progress.

Peace Institute Initiatives

A major focus throughout 2021 for the Shraman Foundation was work through the Shraman Peace Institute, a branch of the foundation that focuses closely on community support and engagement. In particular, this year we focused on **positive psychology topics like kindness and gratitude** that, when implemented on a regular basis, can lead to significant positive change in one's life. We started by meeting with researchers, professors, and educators all working with positive psychology interventions for both students and everyday people. From their advice and research, we developed several **initiatives to support the social and emotional learning development of local elementary students**.



Our first project was the **Kindness Program**, a pilot initiative held in May 2021 with three local elementaries. We provided teachers with **daily lesson plans for a kindness unit** to take place over the course of three weeks; students were also encouraged to participate in **random acts of kindness** throughout the program. Through this program, we impacted over 650 students. For more details, [follow this link](#).



Our second and current project is the **Gratitude Journal Program**. Over the summer, we worked closely with DISD's Social and Emotional Learning team to discuss and develop an initiative focused on increasing student gratitude. After developing a bilingual print gratitude journal for students in grades 3 through 5, we officially **launched the project in November 2021, providing journals for over 2500 students across 13 schools**. With support from their teachers and local SEL school contacts, students will write in their journals several times a week, **building a habit of both recognizing and sharing gratitude together**. For more details, check out our website via [this link](#).

Finally, we've expanded outside the US with the launch of the **Shraman Scholarship Initiative** in India, which offers the opportunity to combine resources with the Jiv Daya Foundation. Starting with partnerships with major IIT and NIT universities in India, we'll provide **scholarships for low income students to improve their access to higher education** opportunities. From online degrees like IIT Madras' online masters to in-person studies, we hope to give promising students the chance to further their educations without worrying about the cost of tuition or attendance. For more details and to access application information, visit the [Scholarship page](#) on the website.

Looking Forward

As we move forward into 2022, we're excited to continue exploring new opportunities, partnerships, and potential for the foundation and beyond. The Gratitude Journal Program will continue throughout the school year, and we continue to recruit additional schools interested in participating in the program. We're also actively seeking current and admitted students at select IIT and NIT schools to apply for scholarships in coordination with school administration.

Finally, we want to extend a **thanks** again to all those who have met with us and supported the team throughout the year. **We appreciate your time, guidance, and input this past year**, and look forward to any future recommendations, thoughts, or comments you'd like to share. If you're interested in working with us as thought partners or otherwise connecting to discuss the work we're doing, don't hesitate to reach out to us at info@shraman.org.



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